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A NOTE FROM THE PUBLISHER

Dear Reader,

Here are two crucial facts affecting Americans' health and well-being:

- **Americans are eating more restaurant meals and more calories than ever**
- **Americans are more overweight than ever, and suffering from more weight-related health problems (such as high blood pressure and type 2 diabetes) than ever.**

Our landmark title **EAT OUT, EAT RIGHT: The Guide to Healthier Restaurant Eating**, by Hope S. Warshaw, 3rd edition (Agate Surrey, 987-1-57284-092-8, January 2008, \$12.95), has already sold more than 600,000 copies in its earlier editions, and author Hope Warshaw's practical, easy-to-use information about healthy eating out is more valuable—and more relevant—than ever. Both Hope Warshaw herself and *Eat Out, Eat Right* are perfect resources for a piece on healthy restaurant eating for 2008.

Please note: This is not a book that bashes restaurants—rather, it points out the pitfalls of restaurant meals and teaches readers skills and strategies to create healthy meals from today's restaurants.

Eat Out, Eat Right is equally valuable both to parents who want to feed their children healthfully yet face the time constraints of everyday life **and** to business travelers who must choose meal after meal on the road. The all-new 3rd edition is completely revised and updated to reflect the latest dining/food trends (such as the huge recent growth in casual restaurants a la Applebee's and Chili's, in sandwich shops like Subway, and in popular beverage/smoothie purveyors like Starbucks and Jamba Juice. These and many, many other restaurants are all discussed in *Eat Out, Eat Right*. **Warshaw provides myriad practical tips and tactics for a gamut of cuisines, from fast food, to ethnic fare and fine dining.**

(This section is weak – I think we could do better...)

In addition, *Eat Out, Eat Right* addresses these major health issues (and many others):

- How restaurant meals often don't mesh with healthy eating goals with suggestions for changes
- The latest nutrition research about fats (such as trans fats and omega-3s) and how to reduce trans fats from restaurant foods;
- The rise in diabetes diagnoses among Americans of all backgrounds;
- How dining-out choices have a major impact on fat and calorie intake.

Hope S. Warshaw, MMSc, RD, CDE, is a nationally known expert on healthy restaurant eating. She has been researching and discussing this topic for nearly 20 years. A dietitian and diabetes educator, she has counseled clients for more than 25 years—and she is also a professionally trained chef. She lives in the Washington DC area. Hope is

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media savvy, relaxed and articulate on camera and able to provide plenty of pithy insights for a print story. Please contact me at 847.475.4457 or seibold@agatepublishing.com to set something up.

The Reviews Are In! Praise For *Eat Out, Eat Right*

"*Eat Out, Eat Right* provides valuable information for all those Americans who are striving to eat healthier when dining out. It's also a great source for nutrition basics!"

Anita Jones-Mueller, MPH, founder & president, HealthyDiningFinder.com

"*Eat Out, Eat Right* will help you do just that! Warshaw's book is packed with important nutrition information on restaurant items to help you compare and make the right choice."

Carolyn O'Neil, MS RD, co-author "The Dish on Eating Healthy and Being Fabulous!" and Columnist, *Healthy Eating Out*, The Atlanta Journal and Constitution.

"Hope Warshaw shows you how to eat out guilt-free..."

Chicago Tribune

"To everyone who eats in restaurants, this book could mean the difference between good health and a heart attack."

Craig T. January, M.D., Ph.D., Associate Professor of Medicine, University of Chicago

"A wonderful resource and highly recommended."

Diabetes Spectrum magazine

"We would recommend this book to anyone who dines out..."

American Heart Association, Eat Well Committee

"It's a primer for people who don't want to dig their graves with their teeth."

Atlanta Journal Constitution

"A wonderful new book...an absolute must if you are faced with the dilemma of maintaining a heart healthy diet when dining in a restaurant."

Cardiac Alert

"Special requests and substitutions are on the rise as more diners gain the knowledge and the nerve to speak up. [*Eat Out, Eat Right*], spells out the myriad special menus and scripts your requests for 15 types of cuisine."

USA Today

"For an explanation and analysis of many kinds of food, turn to [*Eat Out, Eat Right*]. The large number of ethnic restaurants makes Warshaw's book especially helpful."

Los Angeles Times

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“Advises diners on how to make healthy menu decisions in many cuisines.”

Frequent Flyer magazine

“This pocket size guide...provides the calorie, fat, carbohydrate and cholesterol counts for a variety of restaurant meals with suggestions on how to reduce fat, calories and cholesterol.”

Associated Press

“Worried about eating out when you’re trying to diet? Get a copy.”

Advertising Age

“So your diet and nutrition doesn’t go by the boards when you travel, Hope Warshaw has compiled [*Eat Out, Eat Right*]...she offers tips to cut fat, sodium, and calories and make nutritionally wise choices.”

AP Travel Features

“Helps you spot dishes high in fat, cholesterol and sodium.”

Publishers Weekly

“This pocket-size book is the next-best thing to dining with a nutritionist. Advice from Hope Warshaw, a registered dietitian, will help you pick out a healthy meal from the menu.”

Cooking Light

“Americans spend more than 40 percent of their food dollar on meals prepared outside the home. But many find it much harder to eat well when dining out than when they do the cooking. That’s why [*Eat Out, Eat Right*] is so helpful.

Tufts University *Diet and Nutrition Letter*

“If you like ethnic food but don’t know how it fits into your diet, take a look.”

San Francisco Chronicle

“Warshaw gives a brief history of each cuisine and discusses the health aspects of dishes found on a typical menu. She explains how each item is prepared, what ingredients are used and how diners can make special requests to lower a dish’s fat content.”

Chicago Tribune

“This book is designed for those wishing to maintain ideal body weight and/or reduce dietary risks for cardiovascular diseases as well as for individuals needing to restrict dietary intake for medical problems such as diabetes and hypertension.”

Journal of the American Dietetic Association

“A new book comes to our aid, showing us how to order good-tasting food without overloading on choices that are not so good for us.”

New York Newsday

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Eat Out, Eat Right, 3rd edition The Guide to Healthier Restaurant Eating BY HOPE S. WARSHAW

HOOK: VITAL RESOURCE ON HEALTHY EATING OUT (AND ORDERING IN)— MORE RELEVANT THAN EVER AS People eat more restaurant meals AND the OBESITY and weight related diseases rise

Now in a completely revised and updated third edition, the landmark healthy dining guide *Eat Out, Eat Right* is perfect for business travelers, families, and vacationers, people on a restricted diet, or anyone who wants to eat healthier restaurant meals without sacrificing good taste. This revised and updated edition provides practical, realistic guidelines for making healthier menu choices from a wide variety of foods and cuisines, updated information on increasingly popular fast-casual dining (e.g. Applebee's, Chili's, etc.) sandwich shops (e.g. Subway), and beverages (e.g. Starbucks, Jamba Juice) (I'd focus more on ethnic cuisines – that's what really makes this book unique).

Eat Out, Eat Right is organized to provide information on every conceivable dining option, whether by type of restaurant (e.g., fast food, fast-casual, fine dining) or by cuisine. Among the many kinds of regional cuisines discussed are Mexican, Italian, Chinese, Thai, Japanese, Indian, Middle Eastern, and French-Continental.

Among the book's many practical attributes (or elements) are:

- portion control strategies
- sample menus
- nutritional facts and figures
- diabetes exchanges
- recommended healthy eating options

Eat Out, Eat Right also covers current trends in carry-out eating and discusses how these have evolved over the past several years, such as the explosive growth of sandwich shops. The third edition also includes a completely reworked and expanded beverages section to include more discussion of coffee beverages, smoothies, and alcoholic beverages.

***Eat Out, Eat Right: The Guide to Healthier Restaurant Eating, January 2008,
987-1-57284-092-8, 284 pp, \$12.95***

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Q&A with Hope Warshaw, author of *Eat Out, Eat Right*

What do you see as the big trends affecting how Americans are eating today?

How has *Eat Out, Eat Right* evolved in this new edition?

Americans are eating out—and ordering in—more than ever; how can this book be a resource for them?

Should I skip the soup/salad course in order to save calories?

If I'd like an alcoholic drink with my meal, what would be the healthiest choice?

What are some easy ways to include more fruits and vegetables in my entrée?

What sort of special requests should I make for my sandwich when dining at restaurants such as Subway and Panera?

What are a few of the healthiest menu options one could choose?

When dining out, is it always healthiest to skip the dessert option?

Are there certain entrees that one should always refuse?

What are some of your own favorite options for healthy dining out?